

# State Sponsored Health Plan Weight Management Programs

The following state sponsored health plans offer weight management programs:

- BCBSM PPO
- Blue Care Network
- Care Choices
- Health Alliance Plan
- HealthPlus
- M-Care
- Physician's Health Plan of South Michigan
- Priority Health

If your HMO is not listed, [click here](#) to check for benefits offered by your insurance plan.

# Weight Management Programs

offered through State Sponsored Health Plans:

## BCBSM PPO

partners with Weight Watchers

Depending on where you live in Michigan, you'll save money off the regularly priced package(s):

**Area A:** Alcona, Alpena, Antrim, Bay, Benzie, Charlevoix, Cheboygan, Crawford, Emmet, Genesee, Grand Traverse, Huron, Iosco, Kalkaska, Lapeer, Leelanau, Livingston, Macomb, Manistee, Mason, Midland, Missaukee, Monroe, Mont-Morency, Oakland, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon, Sanilac, St. Clair, Tuscola, Washtenaw, Wayne and Wexford counties.

- More than 25% off registration and initial 12-week plan.
- At Work Program: 10% off 12-week package. 5% off 10-week package.

**Area B:** Allegan, Arenac, Barry, Berrien, Branch, Calhoun, Cass, Clare, Clinton, Eaton, Gladwin, Gratiot, Hillsdale, Ingham, Ionia, Isabella, Jackson, Kalamazoo, Kent, Lake, Lenawee, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola, Ottawa, Saginaw, Shiawassee, St. Joseph and Van Buren counties.

- More than 25% off registration and initial 13-week plan, and 17% off additional 12-week meeting packages.

Show your Blues ID card at your first meeting to receive discount.

Visit: Weight Watchers online <http://www.weightwatchers.com/index.aspx>

or call 1 800 651-6000 for a location near you.

[http://www.bcbsm.com/member/saving\\_money/weight\\_watchers.shtml](http://www.bcbsm.com/member/saving_money/weight_watchers.shtml)

## BCN

partners with Michigan Institute for Health Enhancement

Call (248) 475-4880 or enroll online at <http://www.miteam.org/>

[http://www.mibcn.com/member/manage\\_your\\_health/readyToLoseWeight.shtml?hmo/](http://www.mibcn.com/member/manage_your_health/readyToLoseWeight.shtml?hmo/)

## Care Choices

partners with Weight Watchers

Care Choices members who join Weight Watchers may receive a discount up to 27% off published rates on selected programs. Members may choose from the Traditional Weight Watchers Program or the At Work Weight Watchers Program.

Huron, Genesee, Livingston, Macomb, Oakland, Saginaw, Sanilac, St. Clair, Washtenaw and Wayne counties:

### Traditional Weight Watchers Program

12-week prepayment package for Care Choices members is \$138.00\*.

This price reflects a 25% discount off Weight Watchers published rate.

(\*price includes registration for new as well as rejoining members)

### At Work Weight Watchers Program (minimum of 15 members)

10% off the fee for an At Work series of 12 weeks or more.

For a list of meeting locations and times visit [www.888-3-florine.com](http://www.888-3-florine.com) or call (888) 3-Florine.

<http://www.carechoices.com/health/ww.shtml>

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## HAP

### partners with Weight Watchers

The HAP Advantage now offers preferred HAP member rates on Weight Watchers. This is not a covered benefit - it's added value to your HAP membership. All HAP members have access to this exciting addition to the HAP Advantage. Whether you'd like to attend weekly meetings or start an "At-Work" program at your place of employment, Weight Watchers will offer you a great HAP member rate. Visit [http://www.888-3-florine.com/index\\_hap.html](http://www.888-3-florine.com/index_hap.html) for details or call 1-888-3-Florine and identify yourself as a HAP member.

[http://www.hap.org/info/main/hap\\_adv.php#ww](http://www.hap.org/info/main/hap_adv.php#ww)

## Health Plus

### Healthy Weigh Weight Management Program:

Designed for people whose weight puts them at risk of developing disease conditions. Members must qualify for Healthy Weigh by meeting criteria established by HealthPlus of Michigan.

Call 1 800-345-9956, extension 1943, option 3.

Email [hquest@healthplus.org](mailto:hquest@healthplus.org)

### Weight Watchers® Discount:

Join the award winning Weight Watchers program - for LESS MONEY! Available in the counties of Genesee (City of Flint) and Saginaw (City of Saginaw). Members are responsible for all costs of the program. Please show your HealthPlus card when you enroll.

Weight Watchers traditional meeting: HealthPlus members are now eligible for a 25 percent discount for a 12-week program. This price includes registration for new or rejoining members.

**Weight Watchers At Work:** HealthPlus members receive a discount of 10 percent off any At Work series of 12 weeks or more. A minimum of 15 members is required to offer a worksite program.

Call 1-888-3-FLORINE (888-335-6746) for more information, or visit [www.888-3-florine.com](http://www.888-3-florine.com)

### Diet Workshop® Discount:

Diet Workshop offers classes in a wide variety of locations. Class schedule is subject to change. PLEASE call for updates. Members are responsible for all costs of the program. Please show your HealthPlus card at registration. Locations include Davison, Flint, Grand Blanc, and Lansing.

Call 810-230-9551 for more information.

[http://healthplus.org/weight\\_management\\_programs.html](http://healthplus.org/weight_management_programs.html)

## M-Care

### Weight Watchers Traditional Program Discount

Our members are now eligible for a 25 percent discount for a 12-week program. This price includes registration for new or rejoining members. Please show your member identification card when you enroll.

<http://www.mcare.org/include/template.cfm?ID=1022>

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## M-Care

### Weight Watchers At Work

Members receive a discount of 10 percent off of any At Work series of 12 weeks or more. A minimum of 15 members is required to offer a worksite program. Please show your M-CARE identification card when you enroll.

These discounts are available to members in the counties of: Oakland, Macomb, Wayne, Monroe, Genesee, Livingston, Washtenaw, Lapeer, and St. Clair. To learn more about the Weight Watchers programs, or to find a program near you, please call (888) 3Florine, or visit [www.weightwatchers.com](http://www.weightwatchers.com).

Members living in Ingham and Jackson counties may call (800) 968-0095, or visit [www.ww-wmi.com](http://www.ww-wmi.com) to learn about discounted programs in these communities.  
<http://www.mcare.org/include/template.cfm?ID=1022>

## PHP of South Michigan

### partners with Weight Watchers

PHPSM covers the 13-week Weight Watchers program and registration fee, completely free for participants. Plus, these valuable classes can be offered at the work location with 13 or more participants. Call 800-394-7569 or 517-787-6865 for more information.  
<http://www.phpcares.com/hmresourcesww.php>

## Priority Health

### partners with the Michigan Medical, P.C., Center for Health Excellence

Priority Health's HealthyEncountersSM - Weight Management Program is for members who are very overweight. Participants are screened and must follow strict rules. Priority Health covers part of the cost, but members must share in the cost and make a dedicated commitment to stay with the program. If you are interested in this program, please call Customer Service at 800 446-5674, or send your request in a [secure message](#).  
<http://www.priority-health.com/classesresources/obesity/>